

# Energizers for Families

Family time together provides chances to explore and express creativity, to learn and develop new skills, and to have fun!

Here are some ideas for simple, fun and best of all FREE Energizers that families can do together –



**Thrive! The Canadian Centre for Positive Youth Development** is proud to be celebrating National Family Week **Jump Into Family Fun** October 5-11, 2009. For more information about National Family Week visit Canadian Association of Family Resource Programs at [www.frp.ca/nfw](http://www.frp.ca/nfw) For more Energizer ideas or information call Thrive! at 1-800-265-2680 or [www.thrivecanada.ca](http://www.thrivecanada.ca).



*The Canadian Centre for Positive Youth Development*

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## Froggies on a Pad

*The whole idea is to make room for others, not leave them out.*

**Materials and Preparation:** Music, floor space and place carpet pads for 'lily pads' on the floor around the room.

1. Tell players that as the music is playing, all the 'froggies' can hop, skip, or 'swim' around the room. But when the music stops everyone helps each other find a lily pad to touch. Even a finger will do. Since there'll be several little froggies on a pad, they'll need to make room for one another. Practice this once.
2. Remove a pad while the music is playing. When everyone is safely on a pad, start the music again. Keep taking away a pad each round until the pads are crowded – and the froggies really have to cooperate. Can they all fit onto three pads? two? one?

### Variation:

- Pretend the players and pads are space ships and space stations – or ships and ports during a storm.
- Lay several hula hoops on the floor as 'bird nests.' When the music stops, all the little 'birdies' fly home to a nest.

## Goin' for a Ride

*Two players act out a special trip and then invite the group to come along.*

**Materials and Preparation:** Write on separate slips of paper one of the several different rides a group might take, such as –

- In a horse and buggy
- On a roller coaster
- In the family car
- In a rocket that's taking off
- On a bike
- On an elevator
- On an elephant
- On a merry-go-round
- In a dog sled
- In a leaky canoe

1. With everyone standing in a circle ask for two volunteers to step into the centre.
2. Give them a slip of paper to read silently, and then without talking together or identifying the trip, they begin pantomiming the actions. If they like, they can add appropriate sound effects, but no talking please!
3. After 30 seconds or so, the two volunteers stop and invite all those who think they've figured it out what's going on to join them in the centre. All these new performers now play along for a repeat performance, improvising additional details and actions.
4. At the end of another 30 seconds or so, challenge the observers to identify what kind of ride is being performed.
5. When the trip's completed, start a new one with another two-some.